

Bean Dip (FDD)

Rating: ★★★★★

Makes: 6 Servings

Make your own bean dip. Beans are available in dry, canned, and frozen forms and are excellent sources of plant protein.

Ingredients

2 cups canned light red, low-sodium kidney beans (drained, save 1/2 cup of the liquid)
1 tablespoon vinegar
3/4 teaspoon chili powder
1/8 teaspoon ground cumin (if you like)
1 tablespoon onion (chopped)
1 cup low-fat cheddar cheese (grated)

Directions

1. Place the drained kidney beans, vinegar, and chili powder in a blender; if using cumin, add that too.
2. Blend until smooth. Add some of the bean liquid to make the dip easy to spread.
3. Stir in onion and cheese; place in refrigerator for about an hour to chill.

Notes

Tip: Instead of a blender, you can mix the beans, vinegar, chili powder, and cumin (if using) in a bowl and mash with a fork. After mashing, stir in the onion and cheese. Serve with raw vegetables or low-fat tortilla chips.

Recipe adapted from SNAP-ED Connection Recipe Finder

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	110	
Total Fat	1.5 g	
Protein	10 g	
Carbohydrates	14 g	
Dietary Fiber	4 g	
Saturated Fat	1 g	
Sodium	210 mg	

